Mexican Pizza

A gluten free taco night can be frustrating. Years of eating gluten prediagnosis can lead to broken, damaged, or missing teeth, making it difficult to eat hard taco shells. If you put more than a tablespoon of food in gluten free soft taco shells, they break apart like crackers. There may be better versions now, though there weren't years ago. Mexican pizza is a delicious alternative to taco shells. It is also ready to go as a needed meal or snack for the next day. Lettuce, tomatoes, and olives can be added after the pizza is baked to prevent overcooking.

Pre Cook Preparation:

A. Timer set to thaw meat for about 2 hours
B. Timer set for preparation time set for 30 minutes before you plan to put the food in the oven
C. Stay with meal

Meal Adaptations:

Physical Accommodations:

Electric mixer, or lightly mix and pour into the pan, allowing the baking process to complete mixing
Frozen or canned vegetables can be used
Large handled measuring cups and spoons
Large handled mixing spoons

Visual Accommodations:

Easily identifiable labeled ingredients
Long oven mitts
Brightly colored measuring cups, spoons, and bowls

Potential Food Allergy or Intolerance:

Beans
Beef
Cheese (lactose)
Flour (gluten)
Lettuce
Mushrooms
Onions
Pepper
Peppers
Spices
Tomatoes

Meatless Preparation Avoid:

Beef
Cheese
Substitute with: _____

Utensils:
- Cutting board
- Knife
- Measuring cups
- Mixing bowls
- Microwave safe cup
- Spoon
- Toothpick (round)
- Pan:
  - To cook meat: oven safe pan, or frying pan
  - To bake pizza: a large pizza pan

Ingredients:

Meat:
2 cups ground beef

Vegetables:
Optional:
- 2 cups diced lettuce
- 3 ounces of mushrooms
- 1/4 cup diced olives
- 1/4 cup diced onions
- 1/2 cup diced tomatoes

Other ingredients:
- 1 cup of refried beans
- 4 ounces of shredded cheese (gluten and lactose free)
- 1 large pizza crust (gluten free)
- 1 taco seasoning packet
- 1 tablespoon vegetable oil

Preparation time: 20 minutes

Preparation:

Pre Pizza Preparation
1. Fry ground beef or turkey with taco seasoning packet per taco recipe.

Pizza Preparation:
1. Place the frozen pizza crust on the pizza pan.
2. Spoon and spread 1 tablespoon of vegetable oil on crust.
3. Spoon and spread 1 cup refried beans.
3. Sprinkle 2 ounces of shredded cheese on the crust. About 1/4 of a bag.
4. Add optional:
   - 3 ounces of mushrooms,
   - 1/4 cup diced olives
   - 1/4 cup diced onions
5. Sprinkle remaining 2 ounces of cheese on top.

6. Place pan in oven and set timer.
7. After pizza is out of oven, sprinkle 1/2 cup diced tomatoes, 1/2 cup diced lettuce on top.

Cook Temperature: 425 degrees

Cook Time: About 16 to 18 minutes

Servings: 2 to 4

Storage Solutions: Square containers in individual servings

Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer
Fridge safe: 1 to 2 days ** Per What's Cooking America Storage Chart link in Resources
Freezer safe: 2 to 3 months * Per What's Cooking America Storage Chart link in Resources**

Reheat Instructions:

Microwave: Time and temp may vary.

1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 2 minutes.
   Add your microwave time here: _____.

Stove Top: Not recommended.

Oven Directions: Time and Temp may vary.

1. Place in oven safe pan.
2. Add a little water.
3. Heat until thoroughly warm, about 20 minutes.
   Add your oven time here: _____.